

Berry Dessert Nachos

Ingredients:

- ½ cup fat-free dairy sour cream
- ½ cup frozen fat-free whipped dessert topping, thawed
- Low-calorie sweetener equal to 2 tablespoons sugar
- 1/8 teaspoon ground cinnamon
- 6 7- to 8-inch fat-free flour tortillas
- Butter-flavor nonstick spray coating
- 1 tablespoon sugar
- 1/8 teaspoon ground cinnamon
- 3 cups raspberries and/or blackberries
- 2 tablespoons sliced toasted almonds
- 1½ teaspoons grated semisweet chocolate



Directions:

1. In a small bowl stir together sour cream, dessert topping, liquid sweetener, and 1/8 teaspoon cinnamon; cover and chill.
2. Meanwhile, cut each tortilla into 8 wedges. Arrange wedges on 2 baking sheets. Lightly spray wedges with nonstick coating. In a small bowl stir together sugar and 1/8 teaspoon cinnamon; sprinkle over tortilla wedges. Bake in a 400 degree F oven about 5 minutes or until crisp. Cool completely on a wire rack.
3. To serve, place 8 tortilla wedges on each of 6 dessert plates. Top with raspberries and/or blackberries and sour cream mixture. Sprinkle with almonds and grated chocolate.

Makes 6 servings.

NUTRITIONAL INFORMATION (per serving)

calories: 195

total fat: 2g

saturated fat: 0g

cholesterol: 0mg

sodium: 358mg

carbohydrate: 38g

fiber: 3g, protein: 5g

vitamin C: 70%

calcium: 4%

iron: 9%

starch: 1.5 diabetic exchange

fruit: 1 diabetic exchange

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